

AgeWell Services

The Scroll

March, April, May

2021

AgeWell Services' Staff

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Victor Ortiz, Therapeutic Recreation Leader

Alicia Bianchi, Therapeutic Recreation Leader

Anette Alvarez, Recreation Therapy Intern

Programs offered in this newsletter are for adults 55 years and better.

AgeWell Services will be closed March 31st and May 31st in observance of City Holidays.

To join our mailing list, or for more information,
please call (619) 525-8247 or email thescroll@sandiego.gov.

*Throughout this newsletter there are a number of advertisements and
community-sponsored activities.*

The City of San Diego does not necessarily endorse the services offered by these organizations.

Visit us on the web at:

<https://www.Sandiego.gov/agewell>

Announcements

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AgeWell Services Social Calls

A compassionate voice in the lives of older adults can make a powerful difference especially during these unprecedented times. City of San Diego Parks and Recreation staff and volunteers will call you, FREE, up to 7 days a week, between 8am-11am just to check-in and say "hello". Please call, 619-236-6910, or email thescroll@sandiego.gov to add yourself or a loved one to the Social Call list.



Out of Class Rotations

Age-Well Services has been without a full-time Recreation Specialist (RS) since February 2020. Recently, other staff from Parks and Recreation have stepped up to assist us with day to day duties, special events, virtual programs, Age-Friendly San Diego initiative, Technology Training and Social Calls by working a 30 day Out of Class Assignment (OCA) with AWS. Our very own Rafael Padilla will take the next RS rotation and Aldo Cordova, Pool Manager I, Aquatics Division, will cover the Assistant Center Recreation Center Director OCA. We are grateful for the support of other Parks and Recreation staff members who have assisted us during this time.

Need Tax Assistance?

Don't pay to have your taxes prepared. If you earned less than \$66,000 in 2020, call 2-1-1 to schedule a no-cost tax assistance appointment at a Volunteer Income Tax Assistance (VITA) site. Due to COVID-19, additional safety protocols will be in place at in-person sites. Select sites will also offer drop-off and drive-up services. There is no income limit to file online. Visit <https://www.myfreetaxes.org/online> for free online self-filing.

Folks can also access information on completing their taxes through AARP: www.aarpfoundation.org/taxaide or by calling 1-888-AARP NOW (1-888-227-7669).

Thank you Girls Scouts

Over seventy-five Girl Scouts wrote 200 letters to the participants of the AWS Social Call Program. The festively decorated cards and letters brought much joy and happiness to our patrons: Norma stated, "*The cards were just lovely and made me so happy*". She was a Girl Scout herself and it brought back good memories.

Not only was this a benefit to our seniors, but the girls also benefited. Some earned community service credit or a letter writing patch. Girls learned what to write about, how to format a letter, and how to address an envelope. They put the Girl Scout Promise and Law into practice by "helping people at all times" being "friendly, helpful, considerate and caring" and "making the world a better place". Thank you to all the Girl Scouts, and their families, for their positive and uplifting correspondence as well as, TRS Therapeutic Recreation Leader, Alicia Bianchi, CTRS, for spearheading and coordinating this project.

Technology Training for Older Adults

(55 and better!)



Who: Older adults, 55 years...and better!

What: 1-hour training appointments over the phone.

Why: To assist older adults in becoming more confident in using technology.

When: Mondays – Saturdays. Appointment times vary.

Cost: **FREE!** It's a complimentary service!

How: For an appointment call: **619-236-6906** or email: **thescroll@sandiego.gov**. A City of San Diego Parks and Recreation staff member will patiently assist you, at your own pace, to become a more proficient technology user.



The City of
SAN DIEGO
Parks and Recreation Department

A limited number of tablets are available via San Diego Oasis.
Contact AgeWell Services for more information.

This program was made possible thanks to grant support from The San Diego Foundation.

Online Registration

Due to COVID-19, Spring programs are currently virtual and all registration must be online. When registering for programs, use the registration code listed in the Scroll newsletter. The following is information on how to register.

Steps to register on SD Rec Connect

Register online at www.sdreconnect.com

Create an online profile using the Activity Registration System. Log on at

SDRecConnect.com. First Time Online Registration: Click “Create an Account”. Fill out “New Account Request” form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you’ve used this special link. **Note:** it’s possible this email will go to your “spam” folder, so check carefully. To avoid duplication, be sure to let others in your household know you’ve set up the account.

Returning Customers: For people who have an existing account online, click the “Sign In” or “My Account” button. Enter your login (email address) and password.

AWS Staff Are Here To Help You Navigate Virtual Program Registration

We know registering for virtual programs can be daunting. We are happy to walk you through the process over the phone. For assistance in registering on SDReconnect.com and ZOOM, call (619) 236-6906 to make a 1:1 appointment with our staff.

Spring registration starts February 13, 2021 at 10:00am
Summer Registration starts May 15, 2021 at 10:00am

Open Mic

DANCE!

SING!



ACT!

AgeWell Services **Open Mic**

Saturday, March 27th, 2021

1:00pm-2:00pm

Virtual Program on ZOOM

Code # [85635](#)

Contact Anette Alvarez at:

(619) 525-8247 or

Anettea@sandiego.gov

to schedule your performance time.

Share your talents with others i.e. sing, dance, read poetry, or be part of the audience.

Virtual Activities

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Chair Fitness

Mondays 10:30am-11:30am
Thursdays 1:00pm-2:00pm

Registration Code: [85065](#)

Chair-based fitness classes use seated and standing exercises combining unique Latin moves with rhythms to create an exciting dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress.

Leader: Trena Bennett, Center Director, Lopez Ridge Recreation Center

Walk to Wellness

Tuesdays: 1:00pm-2:00pm

Registration Code: [85226](#)

Join others in this self-paced class as we walk towards our fitness goals! Improve overall health and wellness by setting individual goals each week with the aid of our staff. Check in once a week to share your experiences and tips on how you are getting your steps in and discuss goals.

Se Habla Espanol

Leader: Alissa Cordova, ARCD & Anette Alvarez, Intern

Yoga

Tuesdays & Thursdays: 7:00am-8:00am

Registration Code: [85062](#)

Calling all early risers! Discover how yoga can strengthen your core, improve posture and decrease stress and anxiety. Wear comfortable and loose fitting clothes. Se Habla Espanol.

Leader: Irma L., Volunteer

Zumba

Wednesdays: 9:00am-10:00am

Registration Code: [85055](#)

Zumba is an easy-to-follow program that lets you move at your own speed. Wear comfortable clothes, have water handy and be ready to get your groove on! Adults of all ability levels are welcome to attend

Balance

Wednesdays: 10:00am-10:30am

Registration Code: [85328](#)

Balance training involves doing exercises that strengthen the muscles which help keep you upright, including your legs and core. These exercises can improve stability and help prevent falls. Strong muscles and being able to keep yourself steady make all the difference in things you do every day, including walking, getting out of a chair, and leaning over to tie your shoes.

Leader: Nick Hurd, Therapeutic Recreation Specialist

Intro To Tai Chi

Wednesdays: 10:45am-11:15am

Registration Code: [86009](#)

Join your peers as we develop physical, mental, emotional and spiritual health by attending this introductory program to Tai Chi. This is a basic movement Tai Chi program geared to learning new skills.

Leader: Sema Panther, ARCD, Ocean Air Rec Center

Dance Class

Wednesdays: 12:00pm-1:00pm

Registration Code: [76242](#)

Are you bored of sitting and watching television? Are you ready to get out of your chair and move? If so, join us for a weekly dance lesson which includes a different dance style each month:

March-Bachata
April-Salsa
May-Cha-Cha

Leader: Victor Ortiz, Therapeutic Recreation Leader

Virtual Activities Continued

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Otherwise Improv

Wednesdays: 2:00pm–4:00pm

Registration Code: [85060](#)

March 3rd & 17th; April 7th & 21st; May 5th & 19th

Come learn how to make it real! Join us every Wednesday for an improvisational workshop. Learn the secrets of being in the moment. If you have good timing you don't need anything else! Program is open to individuals age 18 and over.

Leader: Christophver R., Volunteer

Laugh Hour

Thursdays: 11:00am–12:00pm

Registration Code: [85057](#)

Scientific studies show that laughter: may reduce pain, lowers stress, fights depression, reduces anger and more! Program is open to individuals age 18 and over.

Leader: Alicia S., Volunteer

Lotería

Thursdays: 2:30pm–3:30pm

Registration Code: [85058](#)

Lotería is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbers. Every image has a name and an assigned number. Three games will be played. Win free prizes. Se Habla Espanol.

Leader: Jackie Hernandez, Recreation Leader II, San Ysidro Community Center

Must See Movies

Fridays: 12:00pm–2:30pm

Registration Code: [85059](#)

March 12th, April 9th, May 14th

Watch distinguished films that have transcended time and trends. The film host will introduce each movie and then lead a question and answer session afterwards.

March 12 The Days of Wine and Roses–1962–Jack Lemmon, Lee Remick
The devastating effects of alcoholism on a family.

April 9 The Unsinkable Molly Brown–1964–Debbie Reynolds
A musical retelling of the life of the indomitable Titanic survivor

May 14 A Soldier's Story–1984–Howard Rollins, Jr.
Set in WWII, the unraveling of a murder mystery of a Black master sergeant in a segregated army base in Louisiana.

Leader: Bob J., Volunteer

Virtual Trivia

Fridays: 12:00pm–1:00pm

Registration Code: [85054](#)

March 5th & 19th ; April 2nd & 16th; May 7th & 21st

AWS Trivia will provide an opportunity for participants to socialize with peers, enhance cognitive skills and learn new information in a fun way. Winners will receive prizes!

Victor Ortiz, Therapeutic Recreation Leader

Poetry Party “The Poetical Party of Choice”

Registration Code: [85052](#)

First Fridays: 3:30pm–5:00pm

March 5th, April 2nd, May 7th

Check in and socialize with your peers from 3:00–3:30pm. Readings will start at 3:30pm. Be bold, adventurous and virtually experience, first hand, the power of the spoken word.

Leader: Christophver R., Volunteer

Virtual Activities Continued

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Chair Pilates

Saturdays: 8:30am–9:30am

Registration Code: [86003](#)

Chair Pilates is a gentle yet effective practice that promotes well rounded physical fitness. This adaptive routine is followed by mindful meditation exercises that are aimed to improve pain management, and well-being. A non-movable chair is recommended (chairs with wheeled legs are not recommended for this instruction).

Se Habla Espanol

Leader: Anette Alvarez, Recreation Therapy Intern

Bingo

Saturdays: 10:00am–11:00am

Registration Code: [85053](#)

Our virtual bingo program easily allows you to join fun weekly bingo games. Three games are played each week. Participants can win prizes that will be mailed to their homes. Tell a friend!

Leader: Jennifer Walsten, Recreation Leader II

Virtual Trips

Saturdays: 1:00pm–2:00pm

Registration Code: [85061](#)

Take a virtual field trip to a new destination to learn, socialize, and discuss together.

March 6th

Getty Museum and Villa

March 20th

Grand Canyon Rim to Rim Hike in One Day

April 10th

25 Best Places to Visit in the USA

April 24th

25 Most Beautiful Destinations in Europe

May 8th

Rob on the Road: Calaveras County

May 22th

Rob on the Road : Weekend Wonders

Leaders: Jennifer Walsten, Recreation Leader II, Rafael Padilla OCA Recreation Specialist

Check-In With Jen

Saturdays: 1:00pm–2:00pm

Registration Code: [85056](#)

Grab your favorite beverage & be ready to discuss several interesting topics.

March 13th

Planes, Trains, and Automobiles

April 17th

April Flowers & Butterflies

May 15th

Amazing Architecture

Leader: Jennifer Walsten, Recreation Leader II

Phone Apps **NEW!**

By Appointment only

There is a smartphone app for anything these days. Stay connected to friends and family and enjoy independence in the most convenient way. Learn how to confidently maneuver some of the most popular smartphone apps like Facebook, Zoom, Uber, and several more! All you need is your smartphone. **Se Habla Espanol.** Call (619) 525-8247 to make an appointment.

Leader: Anette Alvarez, Recreation Therapy Intern



Uber

Virtual Education

March 9th CARE: San Diego Gas & Electric makes available the California Alternate Rates for Energy (CARE) program accessible to qualifying residential customers providing a discount on monthly energy bills (electricity and gas). It's quick and easy to apply.

April 12 Medical Baseline: San Diego Gas & Electric provides safe and reliable energy to those who depend on life support equipment or have special medical conditions. The Medical Baseline Allowance Program helps customers save every month on their energy bills. A representative will discuss the qualification process for this discount program, how the discount works and the medical criteria to qualify.

May 11th No Cost Resources: A representative from San Diego Gas & Electric will discuss all no cost services available through SDG&E . A ZOOM link will be sent to those individuals who enroll

All classes are from 2:30pm-3:30pm

Leader: Jennifer Walsten, Recreation Leader II

Registration Code: 86005

Parks & Recreation

Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to adults of all ages and abilities. For more information, call (619) 235-5255 or www.civildancearts.org.



Aquatics

The following City of San Diego pools are currently open. Please call for more information.

VISTA TERRACE (619) 424-0469

310 Athey Avenue, 92173

T, Th, Sun. Lap/Family Swim 10:30am-4:30pm

MARTIN LUTHER KING JR. (619) 527-3451

6401 Skyline Drive, 92114

M, W, Sat. Lap/Family Swim 10:30am-4:30pm

TIERRASANTA (858) 636-4837

11238 Clairemont Mesa Blvd., 92124

M, W, F. Lap/Family Swim 10am-4pm

CARMEL VALLEY (858) 552-1623

3777 Townsgate Drive, 92130

M, W, F. Water Fitness 11:30am-12:30pm

Lap/Family Swim 1pm-5pm

Volunteer Updates

Volunteering can offer an opportunity to pursue different passions and at the same time benefit an individual physically and mentally. Whether assisting with outings, special events, programs or in the office, AWS has many meaningful opportunities to get involved to help people in their communities. For information about volunteering with the City of San Diego's AgeWell Services, contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov.

Happy Birthday!

Please join us in



April	May	May
Diane B -21	Joe F-5	Edith D-26
Delilah D-30	Joni W-12	Helga P-31
	Keith W-12	
	Cheryl G-19	

Celebrating the following AgeWell Services' volunteer birthdays:



Otherwise Improv/ Poetry Party

Christophver has been a volunteer with the City of San Diego Parks and Recreation Department for over 16 years. He is currently the Leader for our Improv and Poetry classes. He is a native of San Diego and has been involved in performing arts for over fifty years, as a writer, director, producer, actor, and teacher of theatre, film, and video productions. Christophver received a bachelor's degree in Directing from the United States International University School of Performing and Visual Arts. He completed his master's program in Screenwriting, from the University of Southern California, School of Filmmaking. We appreciate Christophver sharing his talents with older adults over the many years.



Laugh Hour with Alicia Sacks

Alicia has been leading Laugh Hour for over 7 years. She graduated from Ohio University with a Psychology major and was certified as a Laugh Leader in 2013. Alicia made the switch from her usual scheduled Wednesday class at the War Memorial Building to Thursdays on ZOOM bringing many new participants to her class. Need a laugh? Join Alicia and many other laughing participants every Thursday from 11:00am-12:00pm (see page 7). As Alicia says, "*Laughter makes everything a bit easier.*" Thank you, Alicia for your positive attitude and bringing laughter to so many individuals.

If you are interested in becoming a volunteer, please contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov

County of San Diego



Adults 65 and over
are now eligible
for COVID-19 vaccine!

BE COVIDSAFE ✓

Residents age 65 and over are now eligible for COVID-19 vaccination and can receive vaccinations at County sites.

How to get an appointment for the vaccine for adults age 65+:

1. You are encouraged to first contact your doctor or healthcare provider to request the vaccine. Many healthcare providers are notifying their patients.
2. If a vaccine appointment is not available through your doctor, or you do not have a provider, then go to [VaccinationSuperStationSD.com](https://www.vaccinationsuperstation.com) to make an appointment at a County or County Partner site. Appointments fill up very quickly and you may need to keep trying.
3. If you are age 75 and over, *and* you do not have access to the internet, you may dial 2-1-1 on your phone for assistance in making an appointment. Please do not call 2-1-1 if you are able to access the website.

Notes:

- Appointments are **required**; people without appointments will be turned away.
- Do not schedule an appointment if you have COVID-19, or are sick. Please follow Centers for Disease Control & Prevention (CDC) guidance for this situation:
 - [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
- Wear a mask.

Additional Resources:

County of San Diego (County) COVID-19 Website: [coronavirus-sd.com](https://www.coronavirus-sd.com)

County COVID-19 Vaccine Website: [coronavirus-sd.com/vaccine](https://www.coronavirus-sd.com/vaccine)

Older Adult & Disability Sector Website: [coronavirus-sd.com/AgingAndDisability](https://www.coronavirus-sd.com/AgingAndDisability)

California COVID-19 Website: [covid19.ca.gov](https://www.covid19.ca.gov)

CDC COVID-19 Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)



01-25-2021

AgeWell Services
Parks & Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

Return Service Requested

Would you like to go paperless?

If so, please email thescroll@sandiego.gov, Subject: Paperless Scroll. Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.

The City of
SAN DIEGO
Parks and Recreation Department

"To provide healthy, sustainable, and enriching environments for all."

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



All City of San Diego parks and beaches are smoke free.

